

# Pain Management

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## Pain Specialist

1. Role of Pain Specialist
  1. Identify and modify pain generator
2. Goal of Pain Specialist
  1. Improve Functionality and reduce suffering



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## Acute v. Chronic Pain

- Definition
  - Acute Pain – Pain that is temporary and results from something a specific cause, such as a surgery, an injury, or an infection.
    - Causes are known, understood and will resolve
  - Chronic Pain – Pain that continues or recurs over a prolonged period, caused by various diseases or abnormal conditions.
    - Pain that lasts beyond the expected time for healing
    - Can occur from anatomic and/or physiological changes at the central nervous system

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### Evaluation Process

- What steps are involved in determining acute & chronic pain diagnosis?
- 1. Review History
- 2. Interview Patient & Perform Physical Exam
- 3. Review Diagnostic Studies
- 4. Make Determination of Acute or Chronic Pain

**Goal – Improve functionality and reduce suffering!**

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### Treatment Options



1. Physical Therapy
2. Medication Management
3. Interventional Procedures
4. Neurolytic Procedures
5. Other Specialist Referrals (if needed)
6. Implantable Devices

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### Physical Therapy

- “Use early and often”
- Compliments interventional procedures
- Improves functionality, movement, and range of motion
- Educates patient
- Can be continued at home



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## Medication Management



- Motto: "Start low and go slow"
- 1. Over the counter medications
- 2. Adjuvant medications
- 3. Controlled Substances

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## Interventional Procedures

- Injections
  - Administration of local anesthetic and/or steroids, by themselves, in and around the pain generator
- Modifications
  - Looking for changes in inflammatory process
  - Disruption/resetting of neuropathic pain generators



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## Neurolytic Procedures

- Neurolysis
  - Treatment of pain via destruction of a nerve responsible for it
    - You have to disrupt neuro outflow by killing or resecting section
  - Neurolytic procedures cannot be modified

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### Other Specialist Referrals

- Surgeons
- Neurologists
- Radiologists
- Psychiatrists
- Psychologists



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### Implantable Devices “Better Living Through Electricity”



- Stimulators
  - Spinal cord
  - Peripheral nerve
  - Field
- Pumps
  - Baclofen
  - Opioid
- Role of Mental Health Specialists

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### Managing Pain

- Early Intervention
  - Goal: Prevent acute pain from becoming chronic
  - Delay/disruption in care
    - Early referral to qualified pain specialist is imperative
- Continuity of Care
  - Chronic pain generally needs long-term care
  - Fractured care
  - Role of court appointed pain specialist

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## Expectations for Long Term Care

- How long am I going to have to pay for this?
  - Financial aspects of pain therapy
- Pain Specialist Treatment Theory
  - Utilizes the least expensive and least invasive procedures
- Costs for pain care
  - Surgical
  - Hospital
  - Office Based

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